

Men's 5v5 or 7v7 Flag Football Rules - Outdoor

Sportsmanship = Being competitive on the field is applauded & encouraged in all of our leagues! It is also important to understand that there is a fine line between being competitive & being unsportsmanlike. All players and field supervisors should treat one another with respect on the field & after the game. Everyone has to go to work tomorrow, so please keep safety & sportsmanship in mind out there!

The Clock

Game Length: Games consist of two (2) twenty-five (25)-minute halves with a running clock and two-minute warning at the end of the second half.

Two-Minute Warning: A two-minute warning is given to both managers of a game when there is two minutes remaining in the second half or immediately after the play if the two-minute point is reached during a play. The clock is stopped during the warning and starts at the next snap.

Stopping the Clock: Prior to each two-minute warning, the only time the clock stops is after during time outs, injuries, or field supervisor's discussions. The clock stops at the two-minute warning. During the last one minute of the second half, the clock stops for:

- 1) incomplete passes (starts on snap),
- 2) out of bounds (starts on snap),
- 3) time outs (starts on snap),
- 4) field supervisor's time outs (starts on snap),
- 5) penalties (starts on snap if clock was stopped)
- 6) punts (starts on offensive snap),
- 7) extra points (clock will NOT run)

Time Outs: Each team receives one time out per half, which cannot be carried over into the next half. If an injured player delays the game, the field supervisor will stop the clock and the injured player must sit out at least one play.

Time Between Plays: The offensive team is allowed 30 seconds between plays including kickoffs. The 30-second clock begins when the linesman sets the ball for the next play. The field supervisor will run the 30 second clock.

Team Size: Five (5v5) or Seven (7v7) players per team on the field. Team must have at least 8 players on the roster. All Players Must Be 16 Years of Age or older and not currently playing a high school sport. Teams can play a game with 6 players for 7v7.

Field Dimensions:

- 7v7 Fields are 80 x 40 yards, with fixed first downs at 3 20 yard zones. End zones are 10 yards
- 5v5 Fields are 50 x 30 yards, with 2 first down zones. End zones are 10 yards.

Overview/ General Rules

- Rock, paper, scissors will determine which team chooses to start on offense / defense or field direction to start the game.
- The opposing team has the 2nd choice of one of the aforementioned options.

- Teams automatically switch ends at the beginning of the 2nd half and the other team starts the 2nd half with the ball.
- Teams are strongly encouraged to wear matching team T-shirts or a similar color.
- There are no substances such as stick-um allowed either on the ball or on player's hands.
- Flags must be worn at all times while players are on the game field.
- Flags must be worn on the outside of the participants clothing. Shirts must be tucked in.
- Flags cannot be tied, tucked into clothing, or have a t-shirt covering them.
- **Equipment (Legal):** Cut-off style jerseys must end at least four inches above the flag belt. Anyone knotting the flag belt will be ejected from the game.
- **Equipment (Illegal):** No football pads, metal cleats or casts allowed. Knee braces must be padded with slow to recover foam, not just pants.
- **No (or Hidden) Flag belt:** If the ball-carrier has no flag belt, or loses his flag belt without it being pulled, he or she down at where the ball is caught/ran or at the point the flag belt comes off.
- **Spot of Ball:** The ball is spotted at the location of the ball at the time of the flag pull.

Game Play

- 7v7: The field will have 3 20 yard zones. Teams will have 4 downs to reach each zone. Failure to reach the next zone will turn the ball over on downs or a team can punt on 4th down.
- 5v5: The field has 2 25 yard zones. Teams will have 4 downs to reach each zone. Failure to reach the next zone will turn the ball over on downs or a team can punt on 4th down.
 - 5 yard no run zone is at each end zone and mid field
 - Defense can NOT rush the quarterback in the 5 yard zone

Offense

Carrying the Ball: The ball-carrier may never: 1) flag guard (using the hand or ball), 2) run directly into a defender (charge), 3) crawl, 4) dive or jump to advance the ball, or 5) toss the ball in the air to avoid a flag pull while in possession of the ball (toss to self). A ball-carrier that falls or a receiver that dives to make a catch are down at that spot. The stiff-arm is not legal. Jumping over a fallen defender is legal.

Quarterbacks:

The quarter back cannot directly rush the ball unless rushed by the defense.

Quarterback will have 7 seconds to attempt a pass. If no attempt, then it will be whistled dead and will count as a down play

Formations: The offense must have a minimum of one person on the line of scrimmage (center). The ball must be hiked through the legs. All players are eligible receivers. You may have as many on the line as you like. Teams may have one person in motion. All other players must be set.

Eligible Receivers: All players are eligible to receive a pass.

Passes: Only one forward pass is allowed per play. A forward pass is a ball thrown or handed forward, overhand or otherwise. A lateral is a ball thrown parallel to the line of

scrimmage or toward the offensive side of it, overhand or otherwise. A lateral is, by definition, not forward.

Blocking

Offensive Line:

All blocking between defensive line men and offensive line men must be screen block. When engaged in a block there cannot be any hands to the face, chop blocks, or unsportsmanlike manures that cause injury to the other player. Defensive players are allowed to use swim moves and other techniques to rush the quarterback. No bull rush allowed.

Legal Catch: A legal catch is defined the same as in the college. For a legal catch, the player must control the ball throughout the act of touching one foot, or any other part of the body except the hands, to the ground in bounds

Bad Snaps: Snaps that hit the ground are considered dead balls and downed at the spot of the fumble. If the offensive team muffs a snap then the play counts and is spotted at that location. If the muffed snap moves a team out of their current zone they still have to pass the initial zone to get a first down or score a touchdown. If it occurs in the end zone a safety will be awarded to the defensive team

Sleeper Plays: All players on the field must be within 5 yards of the sideline These are illegal procedure.

Center's Exchange: The ball must be snapped through the center's legs. Quarterbacks cannot be directly under center. If the ball is muffed on the snap, then the ball is down where it hits the ground. If it occurs in the end zone then a safety will be awarded to the defensive team.

Fumbles: There are no fumble recoveries. The ball is always dead where and when it hits the ground. A lateral is a fumble. Fumbles and laterals may be caught in the air by either team and advanced.

Mercy Rules: If a team is ahead by 30 points in the second half then the clock will not stop the remainder of the second half besides for timeouts and/or injuries.

Interceptions: These are live plays and can be returned. Exception is for extra points and overtime.

Scoring

Points: A touchdown is worth six points. Safeties are worth two points. Extra points are worth one or two points.

Extra Points: You may run or pass for 7v7 from the five-yard line for one point, or run or pass from the 10-yard line for two points. For 5v5 one-point conversion can NOT be ran. Intercepted or fumbled extra points are deemed dead balls. Note that an extra point may always be attempted, even if time has expired.

Special Teams

Punts

If a team chooses to punt they must declare that to the other team. No fake punts are allowed. Punts are not returnable.

All punts will be placed at the spot it hits the ground or flies out of bounds. If the returning team catches the punt they receive 5 extra yards. If ball lands in the end zone the team will start on the 5-yard line

Kickoffs

Kickoffs will occur at the beginning of each half and after each scoring play. Kickoffs are not returnable. Touch backs will be placed at the 5-yard line.

Kicking team must punt the ball from behind their goal line. Ball will be placed at the location the ball hits the ground or goes out of bounds. If returning team catches the ball an extra 5 yards will awarded. If caught in the end zone team will start at the 10-yard line

Defense

Formations: Defenses may choose any defensive scheme they please with no restrictions on linemen expect **NO Player can line up directly over the center or rush the center directly.**

Bumping Defenders: Defenders are NOT allowed to chuck a receiver. The defender cannot use contact to break up a pass play. Face guarding is defined as pass interference. The defender cannot de-flag the receiver prior to the reception. After a pass is touched, contact can be made without pass interference being called. However, a pass may still not be broken-up with contact.

Tackling: No tackling allowed. 10-yard penalty at spot of foul

Pushing Out of bounds: Any push out of bounds will be a 5-yard penalty.

Defensive Audible: The defense is not allowed to simulate offensive calls by trying to sound like the quarterback. This includes, but is not limited to, saying such things as "hut-hut" or "go-go". This is called "Imitating the Offensive Calls".

Rushing the Quarterback: Defense can rush 1 defender after 3 seconds. Rusher must count out loud ("1 parks and Rec", "2 Parks and Rec", ect..). Rushers must play the flags. Any hit above the shoulders will result in a personal foul.

Drawing Offside: Defenders are not allowed to attempt to draw offensive players offside or attempt to make offensive linemen move.

Penalties

Enforcement Notes: When penalty yardage exceeds more than 50% of remaining yardage to the goal line, the ball is spotted half the distance to the goal line. If both teams commit a penalty on the same play, the play is run over (this is called off-setting penalties). If one team commits multiple fouls on same play, only largest single one is enforced. In addition, all personal fouls are always enforced.

Unnecessary Roughness: Any infraction in flag football that is deemed potentially hazardous by an official can be elevated to Unnecessary Roughness. This can lead to a 15-yard personal foul and include ejection. Any unnecessary roughness penalty will

result in a mandatory 10-minute sitting out by that player. If teams only have 6 players then the game will be called a forfeit.

Spot Fouls:

These penalties are presumed to end or prolong a play illegally. Therefore, the play counts up to the point of the infraction and enforcement of the penalty requires assessment of yardage from the spot of the foul.

First Down Zones after penalties

If the offense is in one zone, but receives a penalty that takes them back to another zone then the offense still must reach the previous zone to get a first down.

Penalty Assessments:

- 5yds for all penalties except those listed below or elsewhere within this document.
- 10yds for any flagrant / unsportsmanlike conduct
- Spot - defensive pass interference, tackling + 10 yardage

If a penalty occurs while the offense is in one zone and causes them to move back into the other zone, then the offense must still get to the previous marked area. For 5v5 this would be the end zone.

Overtime

- Rock, paper, scissors will start the overtime
- The team that wins has the option to choose to begin the overtime period on offense or defense
- The ball will be placed on the 5-yard line.
- Each team will be given 4 plays/downs to score a touchdown.
- The plays are continuous until a touchdown is scored
- After a touchdown is scored, the ball is re-placed on the 5-yard line
- If the defensive team intercepts the ball in overtime, they cannot advance the ball. The play will be dead and the ball will be reset at the 5-yard line
- Each team will each be given an opportunity
- Teams can elect to go for 1 or 2 point conversion.

If still tied after first overtime...

Sudden death overtime

- Rock, paper, scissors will start the sudden death overtime.
- The team that wins has the option to choose to begin the overtime period on offense or defense
- The ball will be placed on the 5-yard line
- Each team will be given 1 play to score a touchdown
- Teams can elect to go for 1 or 2 point conversion.
- After each offensive play teams will switch from offense to defense
- The team who scores on a possession while their opponent does not will be deemed the winner

Personal Behavior

- **Treatment of Field Supervisor:** Any manager or player that curses at field supervisor will be ejected. The following behaviors on the part of any manager or player will result in suspension or ejection from the league: 1) threatening or touching an field supervisor, or 2) verbally or physically attacking an field supervisor (including racial or religious remarks). Additionally, charges will be pressed with the police if applicable. The above behaviors are prohibited within the confines of the entire park including any visible area from the playing field.
- **Treatment of Managers and Players:** Shoving and verbal challenges during a game will result in a personal foul. Two personal fouls (live or dead ball) by the same player require that player to be automatically ejected from the game. Any fight suspensions result in that player's expulsion from the league for the remainder of the season. Physical or verbal attack (including racial or religious remarks) results in suspensions or ejection from the league.
- **Suspensions:** Once a player is suspended or expelled from the league for any reason, he may not attend the games he is suspended from.
- **Fights:** Should a fight develop, managers are expected to react in the following manner: 1) secure your sideline to avoid all-out brawl, 2) remove your involved player(s) from the field and see that they drive out of the park, and 3) supply the name(s) of those involved to the field supervisor.
- **Bench Clearing:** If your sideline empties out onto the field, the game can be ended and one or even both teams forfeit. Twice in one season results in team expulsion.

Field Supervisor

Responsibilities:

- Field supervisor will keep the line of scrimmage, field clock, play clock, and score.
- They will assist in rule clarifications.
- Their judgement is final. They will NOT be making ruling on penalties or scores.

Forfeits (Enforcement): Game time is forfeit time.

If your team forfeits a match during the season, the following rules apply:

- **First Offense:** game recorded as loss and warning issued.
- **Second Offense:** game recorded as loss and parks and recreation staff will be contacting manager.
- **Third Offense:** Removal from the league and playoffs.

If you know in advance that your team is going to forfeit a game, we encourage you to call our office at least 48 hours in advance during regular business hours to reschedule. There is no guarantee for reschedule.

Weather Info

In the event of bad weather call our Lewiston Parks and Recreation @ (208) 746-2313.

Standing/Playoffs

All teams will have 10 regular season games. Teams will play up to 2 games each week. The league will conclude with a league tournament. The regular season will seed teams for the post season. If a tie occurs, then head to head, points scored, points against will determine seeding. If a tie still occurs, then a coin flip will be done. If a team has a forfeit, then they are out of the tie breaker.

Tournament:

Tournament is a single elimination bracket. Seed 4 vs 5 and seed 2 vs 3. 1 seed will be a bye.

SUB/Pickup Players

During the regular season it is ok for team managers to ask players from other teams to "Sub or Fill In" open slots on game day, to avoid forfeit. Teams can pick up a maximum of 2 players. All players must be on a roster and have a player's card to be eligible. During the playoffs, teams can ONLY play with people on their roster. If a player is found playing on a different team in the playoffs any game is subject to forfeit.

Alcohol/Smoking

No alcohol or smoking is allowed in the parks. Any teams that bring alcohol into the park will be asked to remove it from the facility. Failure to do so will result in a forfeit of the game and possible league suspension.

Forfeits/Schedule Changes

- Any forfeits will not be rescheduled
- Any team asking for a reschedule must do the following
 - Must be asked for at least 48 business hours in advance
 - One reschedule day will be purposed to both teams. If both teams cannot agree upon a date, then the team asking for a reschedule will take the lose

Weather Info/Cancelations

- In the event of bad weather call our Lewiston Parks and Recreation @ (208) 746-2313.
- Any cancelations due to weather will be made by 4pm the day of the game.
 - These games may be moved to an alternative date and cannot be rescheduled.